

Aikido For Children (Ages 5 - 16 Years)

This program involves various exercises catered to children in order to promote their mental awareness, physical capabilities, and coordinate skills; which ultimately build healthy values, character, and self-esteem. This type of conditioning is essential to children, because it teaches them social skills and the concept of teamwork. Building character can reduce the chance that a young person will react out of fear in a threatening situation. At the end of the class, students participate in various games, which involve the exercises taught.

Instructor: Elmer Tancinco

Class# 10300

Wednesday	Aug 31 - Oct 19	4:15-5:15p.m.
Saturday	Sept 3 - Oct 22	9:00 - 10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$103

Class# 10301

Wednesday	Jan 4 - Feb 22	4:15-5:15p.m.
Saturday	Jan 7 - Feb 25	9:00 - 10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$103

**You may choose any 8 practice sessions from these days.*

Includes practice uniform if you do not already own one.

Ballet 1 (Ages 5 - 6 Years)

In order to achieve the beautiful posture of a dancer, students learn the concepts of stretching, strengthening, and abdominal control. Students learn first and second positions which are the basic exercises that comprise a ballet barre and center floor work - the universal foundation for the training of a ballet dancer.

Instructor: Alameda Ballet Academy

Class# 10305

Monday	Sept 12 - Nov 14*	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 9	Fee: \$182

**No Class October 31, 2011*

Class# 10306

Wednesday	Sept 14 - Nov 16	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Class# 10307

Friday	Sept 16 - Nov 18	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Class# 10308

Saturday	Sept 17 - Nov 19	11:15-12:15p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Pre-Ballet (Ages 4 - 5 Years)

Students are exposed to the basic concepts, rhythms, and positions of ballet. They also learn proper classroom etiquette in a fun, creative, and focused environment.

Instructor: Alameda Ballet Academy

Class# 10302

Tuesday	Sept 13 - Nov 15	4:00-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Class# 10303

Thursday	Sept 15 - Nov 17	4:00-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Class# 10304

Saturday	Sept 17 - Nov 19	10:15-11:00a.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Nutcracker Dance Camp (Ages 5 - 13 years)

Boys and girls will learn how to dance basic ballet. We will also watch dance movies and learn about dance history, music and choreography. There will be a story time and we will work on worksheets, coloring pages, and other crafts related to dance. Students will need to wear a leotard and tights or shorts and a T-shirt. Whether your child has years of experience in dance or none at all, we're sure they'll enjoy themselves in this fun and exciting camp. Culminates in a mini-nutcracker production and holiday party. (12/23 @ 11:30am) *Please bring a healthy snack and drink everyday. Instructor: Dance 10/Pamm Drake

Class# 10301

Mon - Thur	December 19-22	9:00a.m.-12:00p.m.
Dance 10	No. of Sessions: 4	Fee: \$175

Kindermusik® Imagine That for 3-5 year olds - Hello Weather! Let's Play Together!

Sunshine, rain, snow, thunderstorms, and more in this imaginative and delightful weather-related musical adventure. Preschoolers create storm sounds with a drum to "Wild Storms," jump in pretend puddles to "Mud Puddle Jump," throw pretend snow-balls to "Snowballs," and sing along to "Colors of the Rainbow." With weather as our learning theme, preschoolers will explore musical styles that range from Opera to American folk, and become more self-sufficient in a creative musical environment that integrates music, pretend play, storytelling, movement, and more.

Includes Home Materials: Two books-Michael Finnigan and Hurry Home, Little Kittens, Hello Weather Play Set, Two Home CD with over 63 recordings of the stories, games, and weather sound effects played in class, 46-page Family Activity Book, and two instruments-ankle bells and rain shaker with scraper.

Class# 10311

Tuesday	October 4 - December 13*	11:00am-12:00pm
Veterans Building	No. of Sessions: 10	Fee: \$190

**No Class November 22, 2011*

Beginning Keiki Hula & Tahitian (Ages 5 – 12)

Children will be introduced to the dances of Hawai'i and Tahiti and will learn about the similarities as well as the differences of these two Polynesian cultural art forms. Wear comfortable stretch clothing that allows movement with ease (absolutely no denim in class). Bring a pareau/sarong if you have one, and a bottle of water.

Instructor: Lani Cid-Iulio

Class# 10312

Wednesday Sept 7 - Oct 26 5:00-5:45pm
Island Hawaiian Studios No. of Sessions: 8 Fee: \$100

Class# 10313

Wednesday Jan 4 - Feb 22 5:00-5:45pm
Island Hawaiian Studios No. of Sessions: 8 Fee: \$100

Creative Dance (Ages 3 - 4.5 years)

An enjoyable combination for children which includes ballet, creative movement, tap, and acrobatics. This program is designed to exercise the mind and body while developing an interest in dance. It provides an excellent foundation for further dance studies. All students must purchase a pair of tap shoes. Ballet slippers or jazz shoes are optional.

Instructor: Nora Stebbins

Class# 10318

Tuesday Sept 6 - Oct 11 1:30-2:15pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

Class# 10319

Tuesday Nov 8 - Dec 20* 1:30-2:15pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class November 22, 2011

Class# 10322

Tuesday Jan 3 - Feb 14* 1:30-2:15pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class January 31, 2012

Class# 10320

Wednesday Sept 7 - Oct 12 3:00-3:45pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

Class# 10321

Wednesday Nov 9 - Dec 21* 3:00-3:45pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class November 23, 2011

Class# 10323

Wednesday Jan 4 - Feb 15* 3:00-3:45pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class February 1, 2012

Hip Hoppin' Stars (Ages 3-5 years)

This fun and creative class takes a 3-5 year old's world and turns it into hip hop! Things like "step on bugs", "hammer time", and "crack the stick" get turned into fun hip hop dance steps!

Instructor: Dance 10/Ryan Justus

Class# 10314

Tuesday Sept 6 - Oct 25 3:45-4:30pm
Dance 10 No. of Sessions: 8 Fee: \$150

Hip Hoppers (Ages 5 - 8 years)

Students will be introduced to the fundamentals of movement and timing. We will learn how to stretch and have fun learning jazz technique as well as creative dance moves for the dance floor! This class will be a blend of today's high energy "street style" dancing. Comfortable, fitted clothing recommended. No jeans, due to lack of materials flexibility.

Instructor: Nora Stebbins

Class# 10315

Wednesday Sept 7 - Oct 12 4:00-4:50pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

Class# 10316

Wednesday Nov 9 - Dec 21* 4:00-4:50pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class on November 23, 2011

Class# 10317

Wednesday Jan 4 - Feb 15* 4:00-4:50pm
Rubys Tumbling No. of Sessions: 6 Fee: \$93

*No Class on February 1, 2012

Broadway Stars (Ages 5-8 years)

Does your child dance and sing all around the house? Have you noticed a flair for the dramatic? This class may be just the right class for that talent and energy. Geared for the child interested in all facets of performing arts. Each class consists of singing, acting, jazz and tap. All students will need to be dressed in dancewear (leotard and tights) and will need jazz shoes and tap shoes. Opportunity to perform in dance concert Sunday, December 11th at 3pm at Kofman. Information about costume and ticket fees will be given out in class.

Instructor: Dance 10

Class# 10324

Tuesday Sept 6 - Dec 6 3:30-5:30pm
Dance 10 No. of Sessions: 14 Fee: \$420

Kids Gymnastics

This is a fun classroom setting for youngsters designed to teach them the early stages of balance, coordination, flexibility and strength all while having fun. Watch them gain confidence with every step. One parent must accompany child.

Instructor: Ruby Gama

12 mos to 23 month - Parent participation Required

Class# 10325

Wednesday Sept 7 - Nov 9 9:30-10:00am

Ruby's Tumbling No. of Sessions: 10 Fee: \$112.50

Class# 10326

Thursday Sept 8 - Nov 10 9:30-10:00am

Ruby's Tumbling No. of Sessions: 10 Fee: \$112.50

Class# 10327

Wednesday Dec 7 - Feb 22* 9:30-10:00am

Ruby's Tumbling No. of Sessions: 10 Fee: \$112.50

Class# 10328

Thursday Dec 1 - Feb 23* 9:30-10:00am

Ruby's Tumbling No. of Sessions: 10 Fee: \$112.50

*No Class December 15, 21, 22, 28 & 29

24 mos to 3 Years - Parent participation Required

Class# 10329

Thursday Sept 8 - Nov 10 10:15-11:00a.m.

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10330

Friday Sept 9 - Nov 11 9:15-10:00a.m.

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10331

Thursday Dec 1 - Feb 24* 10:15-11:00a.m.

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10332

Friday Dec 2 - Feb 24* 9:15-10:00a.m.

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

No Class Dec 15, 16, 22, 23, 29 & 30

3 yrs to 5 yrs

Class# 10333

Thursday Sept 8 - Nov 10 11:15-12:00pm

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10334

Thursday Sept 8 - Nov 10 5:15-6:00pm

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10335

Thursday Dec 1 - Feb 23* 11:15-12:00pm

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

Class# 10336

Thursday Dec 1 - Feb 23* 5:15-6:00pm

Ruby's Tumbling No. of Sessions: 10 Fee: \$137.50

*No Class December 15, 22 & 29

Kindergarten to 8 years

Class# 10337

Thursday Sept 8 - Nov 10

Ruby's Tumbling No. of Sessions: 10

4:00-5:00pm

Fee: \$150

Class# 10338

Thursday Dec 1 - Feb 22*

Ruby's Tumbling No. of Sessions: 10

4:00-5:00p.m.

Fee: \$150

*No Class December 15, 22 & 29

Hip Hop Jazz Dance (Ages 5 - 9 years)

High energy introduction to dance for energetic movers and shakers with little or no dance experience. Students should be dressed in athletic wear and tennis shoes. Opportunity to perform in dance concert, Sunday Dec 11th at 3pm at the Kofman Auditorium. Information about costume and ticket fees will be given out in class.

Instructor: Dance 10/Bryant Cash-Welch

Class# 10339

Thursday Sept 8 - Dec 8

Dance 10 No. of Sessions: 14

3:30-4:30pm

Fee: \$240

Hawaiian Jujitsu for Children (Ages 6 - 14 Years)

An oriental system of Martial Art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn Hawaiian Jujitsu, Grappling, Street Self-Defense, Punching and Kicking, Rolling and Falling.

Instructor: Chris Peterson

Class# 10340

Tues & Thurs Aug 30 - Sept 22

Twin Towers No. of Sessions: 8

5:00-6:00pm

Fee: \$43

Class# 10341

Tues & Thurs Sept 27 - Oct 20

Twin Towers No. of Sessions: 8

5:00-6:00pm

Fee: \$43

Class# 10342

Tues & Thurs Nov 29 - Dec 22

Twin Towers No. of Sessions: 8

5:00-6:00pm

Fee: \$43

Class# 10343

Tues & Thurs Jan 3 - 26

Twin Towers No. of Sessions: 8

5:00-6:00pm

Fee: \$43

Class# 10344

Tues & Thurs Jan 31 - Feb 23

Twin Towers No. of Sessions: 8

5:00-6:00pm

Fee: \$43

Chess Class

If you are new to chess or want to polish your skills and improve your game, come develop your understanding and enjoyment of this classic pastime through Berkeley Chess School. Chess lessons foster creativity and the skill of critical thinking, while enjoying the thrill of the sport. Through a combination of instruction and supervised chess play, students grow intellectually and socially, and even have fun doing it!

Class# 10345

Monday	Aug 29 - Nov 7*	4:00-5:00pm.
Veterans Building	No. of Sessions: 10	Fee: \$120

*No Class September 5

Mommy/Daddy & Me Ballet (Ages 3-4 years)

You and your little one will gain flexibility and learn the basic positions and steps of ballet alongside each other! A great way to get some exercise and introduce your child to the world of ballet! No previous experience necessary.

Instructor: Alameda Ballet Academy

Class# 10350

Tuesday	Sept 13 - Nov 15	11:00-11:45a.m.
Ala Ballet	No. of Sessions: 10	Fee: \$187

Class# 10351

Saturday	Sept 17 - Nov 19	9:30-10:00a.m.
Ala Ballet	No. of Sessions: 10	Fee: \$187

Boys Only Dance Program

2 days a week these classes are geared for boys. Thursday is Ballet for boys and Friday is Tap and Hip Hop Jazz for boys. All classes are masculine. Dance helps with coordination and balance, which helps with sports. Opportunity to perform in a dance concert Sunday, December 11th at 3pm at the Kofman Auditorium. Information about costume and ticket fees will be given out in class.

Instructor: Dance 10/Bryant Cash-Welch

Class# 10346

Thursday	Sept 8 - Dec 15*	3:30-4:30pm
Friday	Sept 8 - Dec 16*	4:00-5:30pm
Dance 10	No. of Sessions: 28	Fee: \$240

*No Class November 24 & 25

Kids Lyrical Jazz

Lyrical is a fusion of ballet and jazz, with expressive motions that tell a story. Students will learn lyrical technique along with how to express emotion through movement. The opportunity to perform in a dance concert Sunday, December 11th at 3pm at the Kofman Auditorium. Information about costume and ticket fees will be given out in class.

Instructor: Dance 10

Class# 10352

Tuesday	Sept 6 - Dec 13*	5:30-6:30pm
Dance 10	No. of Sessions: 14	Fee: \$240

*No Class November 22

It's Sew Cool! (Ages 7 - 14 years)

We'll start with basic sewing techniques and then learn to create patterns and use them as we cut out fabric to create different projects such as a nine-patch wall quilt, bags, skirts and pajama pants. Bring a sewing machine and a good pair of scissors specifically for cutting fabric. Participants who wish to enroll in more than one session will be able to work on different projects.

Instructor: Lani Sid-Iulio

Class# 10347

Thursday	Sept 1 - Oct 6	3:45-5:15pm
Island Hawaiian	No. of Sessions: 6	Fee: \$120

Class# 10348

Thursday	Oct 13 - Nov 17	3:45-5:15pm
Island Hawaiian	No. of Sessions: 6	Fee: \$120

Class# 10349

Thursday	Jan 5 - Feb 9	3:45-5:15pm
Island Hawaiian	No. of Sessions: 6	Fee: \$120

'Ukulele for Kids (Ages 7 - 12 years)

Keiki (ages 7-12) will learn basic 'ukulele techniques as we sing along to various English and Hawaiian songs. Techniques for tuning, chords, keys, transitions, tempo and proper 'ukulele care will also be introduced. All students need to provide their own 'ukulele.

Instructor: Lani Sid-Iulio

Class# 10353

Wednesday	Aug 31 - Oct 5	4:00-4:45pm
Island Hawaiian	No. of Sessions: 6	Fee: \$80

Class# 10354

Wednesday	Oct 19 - Nov 30*	4:00-4:45pm
Island Hawaiian	No. of Sessions: 6	Fee: \$80

*No Class November 23

Class# 10355

Wednesday	Jan 4 - Feb 8	4:00-4:45pm
Island Hawaiian	No. of Sessions: 6	Fee: \$80